



(rev.3-2024)

30 Month Check-Up

Child's Name _____ Date _____

Height _____ Weight _____ Head _____

IMMUNIZATIONS

Your child may receive the Hepatitis A vaccine today if not already given. Your child may also need to catch up on any missed vaccines. Please read the vaccine information provided and ask your doctor any questions you may have. You will be asked to sign a form, giving consent for the vaccines. Please inform your doctor of any previous reactions to vaccines. Common reactions include fever, fussiness, local redness, swelling, pain, and mild sleepiness, which may last up to 2 days. Significant reactions include fever > 104.5 rectally or inconsolable screaming for more than 3 hours. For mild reactions, treatment includes cool compresses and acetaminophen (i.e. Tylenol). Correct doses are in the chart below – it is more important to dose by weight rather than by age. Please notify us of any significant reactions.

If it is flu season, please be sure all family members, especially siblings, and all people who come in contact with your child are vaccinated against influenza. Young children are at high risk for significant illness from the flu. Influenza vaccine and Covid vaccine will be offered at this appointment if medically indicated. Remember, good handwashing is the best defense against all illness any time of year.

TYLENOL or acetaminophen	0-3 months (6-11 lbs)	4-11 months (12-17 lbs)	12-23 months (18-23 lbs)	2-3 years (24-35lbs)
ELIXIR (160 mg/5 ml)	1.25 ml	2.5 ml	3.75 ml	5 ml
CHEWABLE (160 mg)				1 tablet

- **If you are unsure about dosages of this or any medication, please contact us.**
- **Cold medications are not recommended at this age.**

DEVELOPMENT

At 30 months most children:

- Have a vocabulary of 50-100 words. Parents should understand 50% of speech.
- Know name. Use two-four word phrases. Repeat words.
- Make or imitate horizontal and circular strokes with a crayon.

- Follow two-step commands.
- Walk up steps. Jump in place.
- Kick a ball. Throw a ball. Run without falling.
- Imitate adults.
- Demonstrate parallel play with other children, but may not demonstrate shared play.

Language is developing quickly at this age. Children may become frustrated easily if they cannot make you understand them. Stuttering at this age is not uncommon.

Curiosity about body parts and the differences between boys and girls is very normal at this age. Teach your child the correct terms for genitals.

Your child will continue to exert his/her independence. You may encourage independence within your set limits. Offer choices that you can live with; for example, when going out in the sun, “Which hat would you like to wear?” rather than “Do you want to wear a hat?”

Teach your child to wash his/her hands after diaper changes or toileting and before eating. Remember to set the example by washing your own hands. Teach your child to use a tissue to wipe his/her nose and then wash his/her hands.

Encourage family activities such as walks, biking (with helmets), playing tag, etc. Continue to read to your child. Limit screen time to no more than 1 hour a day. Always choose high quality programming and monitor what your child is viewing. Remember that the TV is not a babysitter. There should be no computer or TV in your child’s bedroom. Continue to reinforce good sleeping habits and maintain a regular bedtime routine.

Your child should be seeing a pediatric dentist for regular check ups. Brush your child’s teeth twice a day with a tiny smear of fluoridated toothpaste (the size of a piece of rice) on a soft toothbrush and floss daily once teeth are close together or touching.

DISCIPLINE

Continue to reinforce limits and appropriate behavior. Be consistent in expectations and discipline. “Time out” (1 minute per year of age) will remove your child from the social situation or environment where the unacceptable behavior occurred. Learn how to respond to your child’s needs without giving in to every wish. Temper tantrums may continue. Ignore the tantrum once you have ensured your child’s safety. Remember to catch your child being good and give lots of attention for behaviors you wish to encourage. Praising good behaviors works better than punishing bad behaviors. Follow through on discipline that you have stated will happen. Your discipline will be more effective if your child knows that you mean what you say.

NUTRITION

Continue 1%, or skim milk (16-24 ounces/day with meals) and eat low fat dairy products. Toddlers should be eating regular table foods at family meals. Let your child decide how much to eat at a meal and remember that it may not be much. **Avoid foods which can cause choking: no nuts, popcorn, gum, carrot or celery sticks, hot dogs, chips, whole grapes, raisins, or anything hard or tough. When giving peanut butter, use a thin layer, not thick chunks of**

peanut butter. Do not add sugar or salt to your child's food. At this age, your child may have no more than 4 ounces a day of 100% fresh or reconstituted fruit juice served with a meal or a snack, but juice is not necessary for nutrition. Eating a piece of fruit offers more nutrition and is preferred. Ask your doctor if a vitamin supplement is necessary.

Continue healthy eating habits:

- 3 meals with 1-2 scheduled healthy snacks per day. A child's intake will vary greatly from day to day, but should be balanced over several days. Enforce appropriate mealtime behavior, but do not force eating.
- Try to avoid allowing your child to snack/"graze" between regularly scheduled healthy snacks and meals.
- Remember, children will not let themselves starve. You choose the menu, not your child. Offer them the food you would like them to eat. If they eat, that is fine and if they don't eat, that is also fine. DO NOT offer them something else just to get them to eat. They will regulate their intake. Do not let meals become part of a power struggle. Allow your child to feed him/herself. Provide appropriate eating utensils.
- Do not offer junk food. If it isn't offered, they can't eat it.
- Allow your child to only eat in a chair or booster seat in a designated area. No eating in front of the TV, while playing, etc.
- Avoid using food for comfort, to soothe, or to quiet your child.
- Give water between meals and snacks if your child seems thirsty. Juice (maximum 4 oz. per day) may be part of a scheduled meal or snack.
- Do not put your child to bed with a cup or allow your child to carry a cup of milk or juice to drink throughout the day. The sugar will lead to tooth decay. If you have well water, your child may need fluoride supplements.
- Remember that children eat what they see their family eating, so encourage healthy eating habits for the entire family.

SLEEP

The average 2 year old should sleep 11-14 hours/day including naps. Your child will typically take a 1-2 hour nap during the day. Maintain a regular sleeping routine even though your child may naturally try to resist nap time and bedtime.

TOILET TRAINING

Encourage toilet training when your child is dry for periods of about 2 hours, knows the difference between wet and dry, and can pull his/her pants up and down. Half of children are trained after age two, so be patient. Do not use punishment, but rather positive reinforcement to encourage toilet training.

SAFETY

- Children should always be placed in an approved car seat in the rear-facing position until they reach the highest height or weight allowed by their car seat manufacturer. Keep your child rear facing as long as possible. Never place your child in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages. Avoid bulky clothing and blankets between your infant and the harness and make sure the harness fits snugly against the child's chest. Additional information can be found

on the US Department of Transportation website www.seatcheck.org or at healthychildren.org under car seat information for families.

- Do not give your child plastic bags, latex balloons, or small objects such as coins, marbles, or magnets. Do not hang anything around your child's neck.
- Continue to use gates on the stairs (top and bottom) and safety locks and guards (if not an emergency exit) on windows. Keep furniture away from windows.
- Set your hot water heater thermostat to below 120 degrees. Continue to test water temperature with your wrist before bathing. Use cold water immediately for a burn and call our office for advice.
- Children need constant adult supervision, especially around water. Empty any tubs, buckets, and small pools immediately after use. Swimming pools need to be enclosed with a four-sided fence with a self-closing, self-latching gate.
- Do not expect (or allow) a young sibling to supervise your child at home or in a car.
- Monitor your child carefully in the kitchen. Turn pan handles toward the back of the stove. Use latches on all cabinet doors. Keep glassware, cords, and sharp objects away from the edge of a table or countertop.
- In the bathroom, lock cabinets and drawers; install toilet locks.
- Keep your child away from hot stoves, fireplaces, irons, curling irons, space heaters.
- Do not leave heavy objects or hot liquids on tablecloths your child might pull down.
- Check for (and remove) any dangling telephone, electrical, blind, or drapery cords.
- **Never** underestimate your toddler's ability to climb. Secure to the wall dressers, bookcases, or any large furniture which may be toppled if climbed.
- Keep your child away from moving machinery, lawn mowers, garage doors, driveways, and streets.
- Limit time in the sun. Use sunscreen of SPF 15 or higher and use hats to shade ears, nose, and lips. Please visit the website healthychildren.org for more comprehensive sun safety recommendations.
- Test smoke alarms; change the batteries yearly.
- Keep all firearms unloaded and locked away. Store ammunition separately. Keep cigarettes, lighters, matches, smokeless tobacco, liquid nicotine, and alcohol out of sight and reach. Lock up electrical tools.
- Keep the environment smoke free.

Keep poisonous substances, medications, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of sight and out of reach. If there is an accidental ingestion, call **Poison Control** at **828-9123** or **1-800-222-1222** immediately. Keep the number for Poison Control by your telephone.

CONTACT OUR OFFICE

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life threatening situation, **call 911 or go to the nearest**

emergency room. Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child.

Please call **Poison Control** at **828-9123** locally or **800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

The next check-up is at **3 years** of age. We encourage you to make your appointment before you leave today. If you would prefer to call, our centralized scheduling department can be reached at 804-320-1353. Please note that our office requires 24 hour notice to cancel an appointment.

Thank you.